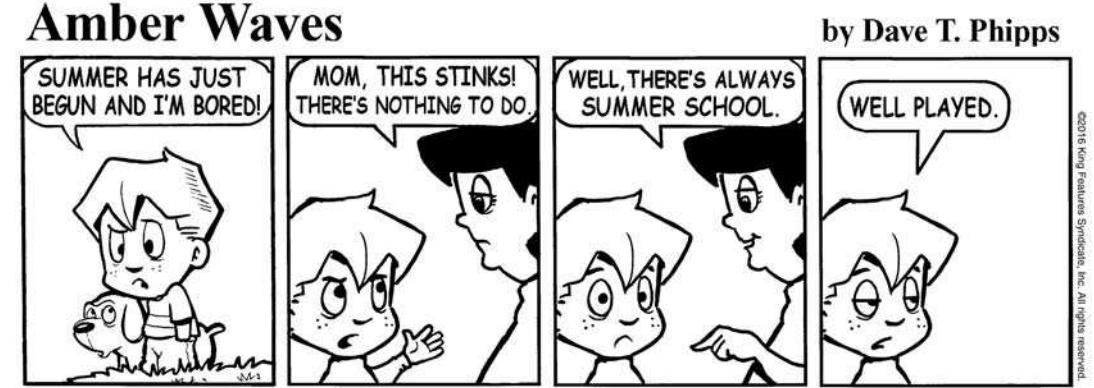
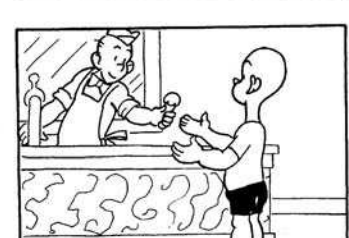
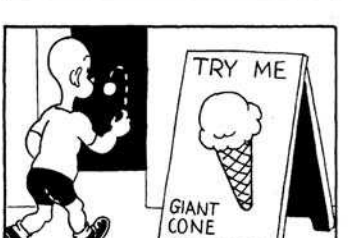
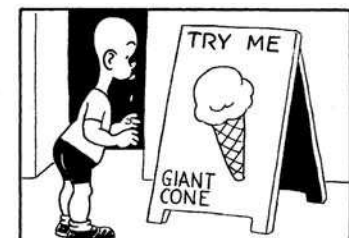
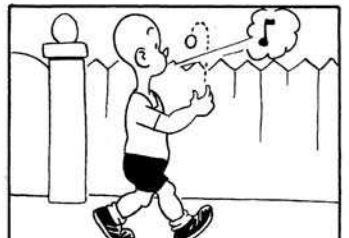
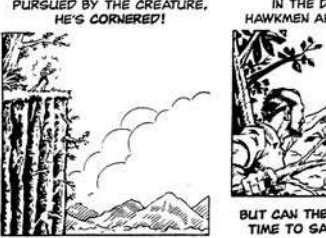
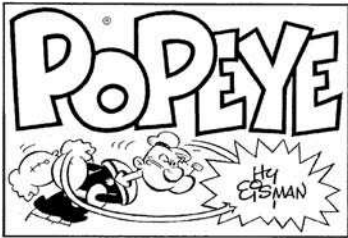


SIDE SHOW



TO YOUR GOOD HEALTH

Green nail syndrome is not easy to treat

DEAR DR. ROACH: For the past four months, I have had an infection around the cuticle of my right index finger. There is green coloration under the nail near the cuticle, and the nail grew rather deformed. I am a gardener and a homemaker, so I tend to wash my hands often. The urgent-care doctor I saw prescribed clindamycin and mupirocin cream. I also was told to soak my finger twice a day. My family doctor took a culture and, because she did not know if I had a fungus or an infection, prescribed Lamisil and levoflaxacin. She also recommended saltwater or peroxide soaks twice daily. The culture showed pseudomonas as the cause of the infection.

With no improvement, I saw an orthopedic doctor. He told me to continue the soaking and the mupirocin cream. On my second visit, he lanced the area between the cuticle and the

nail bed. There was improvement, but the symptoms soon return.

The orthopedic doctor spoke of removing the nail as a possible solution to clearing up the infection. Is this my next step, or is there something else I can do? — P.B.

ANSWER: It sounds as though you have the aptly named "green nail syndrome," which is caused by the bacteria you mention, *Pseudomonas aeruginosa*, and which often is complicated by a paronychia, an infection along the side of the nail. Your orthopedic surgeon is quite right that sometimes the nail needs to be removed; however, many people can avoid that unpleasant procedure (I had to perform it once) with ciprofloxacin (the best oral antibiotic against pseudomonas), antiseptic soaks and by keeping the hands meticulously dry, using gloves and even using a hairdryer to dry the nails after soaking or cleaning.

DEAR DR. ROACH: I am a 67-year-old male who has had mild to moderate psoriasis for the past seven years or so. I have been avoiding the very effective biological drugs because of the scary possible side effects. Instead, I use anti-itch topical creams and lotions, some with corti-

sone.

In researching the topic, I ran across a treatment called Fumaderm that is available in Germany, but I have never heard of it being used in the U.S. — C.S.

ANSWER: Psoriasis is an inflammatory skin condition that can range from annoying to life-threatening in severity. Psoriasis and its common complication, psoriatic arthritis, together are a highly destructive arthritis that often requires powerful treatment: biologic agents, like adalimumab (Humira) or etanercept (Enbrel). These do have the possibility of serious side effects, such as reactivation of tuberculosis.

Fumaderm has been used in Germany for 19 years with a generally good safety record. There have been reports of a disease, PML, caused by brain virus, associated with Fumaderm, although it isn't clear whether the Fumaderm predisposed the individuals to develop this infection.

No medicine is free of the possibility of side effects, and treatment for psoriasis should be appropriate for the degree of severity of the illness. If you are doing well enough with your current treatment, I wouldn't recommend trying a treatment with a higher risk of serious side effects.

SALOME'S STARS

compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

VIRGO (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter his or her lies with the truth. Your friends are ready to listen.

LIBRA (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising

explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

King Crossword

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50				51			52			
53				54			55			

ACROSS

- 1 With 5-Across, fade
- 5 See 1-Across
- 8 Old World duck
- 12 Inauguration recitation
- 13 Genetic stuff
- 14 Comic strip possum
- 15 Lo-cal
- 16 Squid's squirt
- 17 Acknowledge
- 18 Gold coin of old Italy
- 20 Differently
- 22 Berlin-born actress
- 26 Hackneyed
- 29 Banned pesticide
- 30 Ostrich's kin
- 31 Miners' finds
- 32 Pair
- 33 Oklahoma city
- 34 Zodiac sign
- 35 Onassis, familiarly
- 36 Isolated hill
- 37 Berlin-born actress
- 40 Census statistics
- 41 Slanted, in print
- 45 Fence opening
- 47 Pitch

DOWN

- 1 Rory McIlroy's game
- 2 Bar
- 3 "Beetle Bailey" dog
- 4 Although
- 5 Quaff
- 6 Hostel
- 7 Manages with what one has
- 8 Tic
- 9 Gesture
- 10 Id counter-part
- 11 "Holy cow!"
- 19 Under the weather
- 21 Parcel of land
- 23 Buzz Aldrin's real first name
- 24 Send forth
- 25 Discourteous
- 26 Brazen
- 27 Vicinity
- 28 Re newborns
- 32 Had a rendezvous
- 33 Bicontinental region
- 35 Shock and --
- 36 Wager
- 38 Representative
- 39 Weary
- 42 Places
- 43 Press
- 44 Penny
- 45 Prized possession
- 46 Hearty brew
- 48 Alias abbr.

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King Crossword Answers

Solution time: 25 mins.

G	R	O	W	D	I	M	S	M	E	W
O	A	T	H	R	N	A	P	O	G	O
L	I	T	E	I	N	K	A	V	O	W
F	L	O	R	I	N	E	L	S	E	
				E	L	K	E	S	O	M
B	A	N	A	L	D	D	T	E	M	U
O	R	E	S	T	W	O	E	N	I	D
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D	A	N	A	W	Y	N	T	E	R	
				A	G	E	S	I	T	A
G	A	T	E	T	A	R	S	O	R	E
E	L	A	N	E	K	E	I	C	O	N
M	E	L	T	D	A	D	A	I	N	T

Just Like Cats & Dogs by Dave T. Phipps

WHEN MY FRIENDS GET HERE COULD YOU DO ME A FAVOR AND READ THE NEWS ON A LAPTOP LIKE A NORMAL PERSON?

Siuslaw News
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